

# ABSTRACT OF THE DISCLOSURE

Golf shoes are proposed which make it possible for particularly senior golfers whose lower half body has weakened to make a correct swing during a downswing. A sealed bag formed of a vinyl is fixed to a portion of a midsole in surface contact with the foot sole of a shoe. A hand pump and a release valve are connected to the sealed bag through a vinyl tube. When the shoes are put on with the sealed bag inflated by injecting air into it by operating the hand pump, the portion of the little toe rises. When a swing is made in this state, even when the body weight moves at the time of a downswing or an impact, due to the rise of the portion of the little toe by inflation of the sealed bag, even a senior golfer can make a right swing by standing firm on his left foot. When air is released from the sealed bag, normal walking is possible.